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UNI Grad Student News

Newsletters

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UNI Grad Student News, v19n2, November 2020

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UNI Grad Student News

Volume 19, Issue 2 | November 2020

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"We are entering the threshold from before to after. Like the dawn, the transition from what was to what will be is slow and gentle. The change will not be sudden, but moment by moment, the light will appear."

-Dr. Jennifer J. Waldron
Dean of the Graduate College

Got Student Loans?

See [page 13](#) of this newsletter issue for details on the *CARES Act* deferring student loan repayment.

Key Dates: Fall 2020 & Spring 2021

Friday, November 20: Last day of regular classes
Saturday, November 21 & Monday, November 23 through November 25: Final Exam Period
Friday, December 4: Fall 2020 Graduate Assistant contract is complete
Friday, December 4: Last day to submit thesis/dissertation to Graduate College
Saturday, December 19: Virtual Commencement
Monday, January 25: Spring semester begins

Message from the Dean

One of my favorite moments of the day is around 6:20 in the morning when I head outside to walk our dog. We only walk for 20 minutes, but during that time, the night turns to dawn. Heading south, the first constellation I see is Orion. Walking west, I spot the Big Dipper and Cassiopeia. Turning south and then east, there has been a change in the night sky – a hint of light has appeared. Sometimes the horizon is lightening from the bottom upward. Other times there is a crack where light is pouring out. This moment is liminal – a threshold, a suggestion, a possibility.

As the end of the semester is upon us, we are entering a liminal space. I feel and sense a whisper of light emerging in our spaces. A reminder that we, our campus community, are making it and will make it through the semester. I understand we are not there yet, and there are still many small steps to take. But we are entering the threshold from before to after. Like the dawn, the transition from what was to what will be is slow and gentle. The change will not be sudden, but moment by moment, the light will appear.

Entering the space of possibility, I am grateful for the strategies the University of Northern Iowa implemented to build a community with a sense of (a) safety, (b) calming, (c) self and community efficacy, (d) connectedness, and (e) hope[1]. I hope you have found ways to cultivate these elements into your life – research shows they can be beneficial during challenging times.

To our returning students – the Graduate College encourages you to take advantage of our winter writing workshops. The workshops will support your writing and scholarship over the 8 week winter break.
To our 2020 Fall graduates – CONGRATULATIONS!

You have successfully completed your graduate degree from the University of Northern Iowa, and we are celebrating with you.

Sincerely,
Jennifer J. Waldron, Ph.D.

1. Hobfoll, S. E., Watson, P., Bell, C. C., Bryant, R. A., Brymer, M. J., Friedman, M. J., ... & Maguen, S. (2007). Five essential elements of immediate and mid-term mass trauma intervention: Empirical evidence. *Psychiatry: Interpersonal and Biological Processes*, 70(4), 283-315.



Student Profile: Sermantha Louisy

What is your Master's program?

English: Creative Writing.

Are you a first year or second year student?

I am a second year student.

Where did you earn your undergraduate degree, and what was your major?

I attended the University of the West Indies, Trinidad and Tobago, and majored in History with a minor in Political Science

What motivated you to attend UNI for your graduate education and pursue your current field?

I was drawn to the aesthetic beauty of the campus. Also, I found similar areas of research interests with the faculty members and UNI was highly recommended by other alumni, and the Admission Counselor who helped make my choice a lot easier.

As a Graduate Assistant, what are your responsibilities?

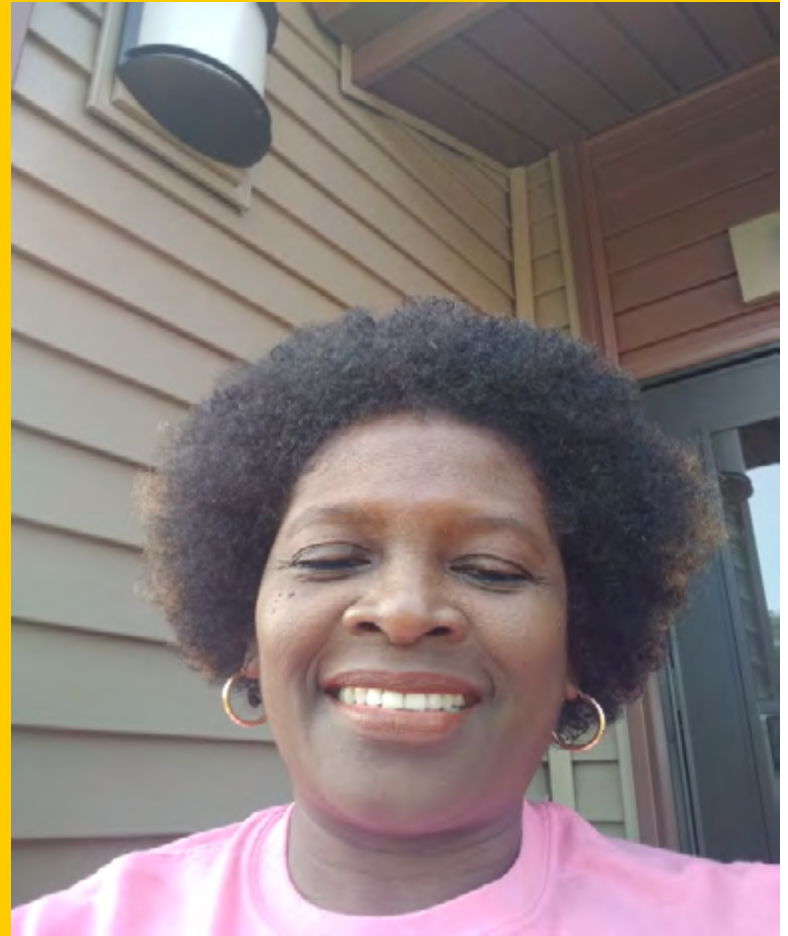
I am a Teaching Assistant for the College Writing and Research course.

Describe your previous work experience?

I have worked as a high school teacher, special education teacher and as a research assistant.

What are your career goals?

My career goals include becoming a published author of books for children and teens and teaching students at the high school or tertiary level.



Faculty Profile: Dr. Heather Gallivan

Describe your educational experience.

I am originally from Buffalo, NY where I attended SUNY Buffalo State College and earned a B.S. in Mathematics Education 7-12. I then went on to earn my Master's degree in Applied Mathematics and Statistics from Johns Hopkins University, thinking I wanted to be a statistician. I realized that teaching is what I loved the most, so I decided to get my Ph.D. in Mathematics Education so that I could teach future teachers at a university. I earned my Ph.D. in 2014 from the University of Delaware where my research focus was on preparing undergraduate preservice teachers to teach mathematics using culturally relevant mathematics tasks.



Describe your employment experience.

For an education faculty member, I took an unconventional route as I did not take a break in my education to teach in a secondary school (I was certified to teach mathematics in grades 7-12), but instead went right to graduate school. I did teach at an academic summer camp for gifted and talented students (Johns Hopkins Center for Talented Youth) for several summers as a graduate student. Then, I was offered and accepted a job at UNI starting in the fall of 2014, and I have been here ever since!

What courses do you teach?

For graduate students, I teach in the online mathematics education master's program for in-service mathematics teachers where I often teach a course on equity in mathematics education. However, I mostly teach undergraduate mathematics methods and content courses for elementary and secondary math teaching majors.

What do you enjoy most about teaching?

I love those moments when students discover something about mathematics that they never have before, even about "simple" concepts that get taught to elementary students. I especially love when students who typically do not like math and think they are not very good at it gain new understandings and realize that they are good at math! Being able to prepare future and current teachers to teach math in ways that will support student understanding is very rewarding.

What are your research interests?

Broadly, my research interests include preparing preservice teachers to teach mathematics for conceptual understanding. Specifically, I have two interests right now: (1) supporting preservice teachers to teach mathematics for social justice and (2) analyzing and improving my own teaching of mathematics methods and content courses while utilizing new technologies.

What advice do you have for current graduate students to survive and thrive in graduate school?

The biggest piece of advice I can give to graduate students is that it is ok to take a break and do something you enjoy that is not work every once in a while. Graduate school is hard and there is a very real pressure to feel like you need to work all of the time and then to feel guilty if you do take a break. However, it is important to take care of yourselves during this time!

How has the COVID-19 pandemic changed your teaching experience?

It has changed it quite a bit. I teach one course online and 2 sections of a course as a hybrid, and I have had to get creative with finding ways for my students to engage with the course material and work in small groups synchronously over Zoom. I feel like I have learned a lot about new technological tools that allow me to foster small and whole class activities and discussions that I would not have if I did not have to teach online. These tools will be useful when teaching online courses in the future as well as after things get back to normal, and we can be face-to-face again.

Alumni Profile: Dr. Alex Poole

Describe your educational experience.

I graduated from Sioux City North High School and then went to Augsburg College in Minneapolis. I majored in English, but my true passion was a strange mixture of language learning, writing, and the scientific method. It wasn't until my senior year that I found out that TESOL offered all three. After graduation, I enrolled in the graduate program in TESOL at UNI. The mentoring of Dr. Ardith Meier, Dr. Cheryl Roberts, and Dr. Joyce Milambiling gave me the courage to pursue a doctorate in applied linguistics. I graduated from Oklahoma State University in 2003.

Describe your employment experience.

I was fortunate enough to obtain a tenure-track position at Western Kentucky University the year I graduated. I have been there ever since. I am a full professor of English and currently serve as the interim head of Modern Languages.

What courses do you teach? What do you like best about teaching?

I teach first-and third-year research writing, ESL pedagogy, pedagogical grammar, the history of English, linguistics, and second language acquisition theory. I enjoy the interaction I have with students. I also find introducing them to new ideas incredibly rewarding. My greatest accomplishment concerns writing. Learning to write is difficult, but teaching it is even harder. I've helped students from many different majors become better writers, but most only realize the need for good writing when they enter the workforce.

What are your research interests?

Bilingualism, reading strategies, and second language grammar. My overall research goal is to find ways for students to become more autonomous, to know how to learn things on their own.

How did your UNI graduate education influence your career path?

I cannot overstate the importance of UNI in my life. Classroom discussions were challenging and invigorating. We had first-rate scholars teaching us how to understand research, the dynamics of the classroom, and the complexity of learners. There were no easy answers. The mentoring I received was tremendous. Dr. Ardith Meier, Dr. Cheryl Roberts, and Dr. Joyce Milambiling helped me grow as a scholar and human being. When I entered my doctoral program, I was much better prepared than my peers. My wife (Doris Duarte, 2001) also went through the graduate TESOL program at UNI. She currently works with middle grades English language learners, but she taught Spanish for 17 years. We met the first day and have been together ever since. This March we will celebrate 19 years of marriage and two daughters.

Tell us about your new book, *Learning a Language: Understanding the Fundamentals of Linguistics* (published by The Rowman & Littlefield Publishing Group, Inc., 2020). What were your motivations for writing this book?

The text is designed to help monolinguals become bilingual. It is based on research, but it is written in an accessible style. It focuses on various topics, such as dealing with anxiety, culture, grammar, and pronunciation. It was inspired by my work as a linguist but also my own bilingual journey (with my Colombian wife). I also felt frustrated by the lack of resources that offered both clarity and realistic expectations about language learning.

What advice do you have for current graduate students to survive and thrive in graduate school?

Don't be afraid to not understand something. Graduate school is supposed to shake up your notions of a discipline. You can only grow when you find problems with your assumptions. In addition, don't wait for inspiration to write a paper or start a project. The research process can be grinding and writing is always difficult. After a while, however, you will be amazed at your progress.



Graduate Secretary Profile: Debbie Burroughs

When did you start working in the Department of Communication Sciences and Disorders, and what was your position title?

I am a Secretary III and started working in this department in January 2010.

Briefly describe your job.

I provide secretarial support for our department head, and our graduate and undergraduate program. I work with the academic side of things including course scheduling and registration, budgeting/purchasing, the tenure and promotion process, helping collect data for reports, and guiding faculty and students with academic processes (GARP, SIS, OnBase, etc.).

Had you worked in another department at UNI previously?

I have worked on campus since July 1982. I spent 22 of those years in the Industrial Technology Department, before accepting a promotion to my current position.

How has your job changed over the years?

There have been many changes on campus through the years. When I first started at UNI, I remember transcribing documents and typing for faculty. I remember the large size of the first Microsoft Word as well as the big size discs that were required.

How has technology impacted your job?

It has been exciting and challenging to learn all the new technologies and systems the university has used through the years, beginning with the old main frame, Oracle, the Student Information System, On-line PAFs, On-Base, GARP, and now the new electronic faculty evaluation system. I think the new systems streamline campus processes and help things run more efficiently.

What makes your position within the department unique to other secretarial positions on campus?

We have a very large graduate program that trains future speech-language pathologists. We currently have 76 full time graduate students on campus and another 16 students on their internships. Our department also houses the Roy Eblen Speech and Hearing Clinic where our students are able to receive some of their clinical experience. Our office is a very busy hub with students, clients, faculty and staff traffic. I enjoy our busy office, although COVID restrictions have decreased the traffic flow for now.

What is your favorite part of your job?

Interacting with our students. I love the energy our students bring to campus and watching them blossom during their time on campus. I also work with a great group of faculty and staff, and enjoy being part of the team.

What do you wish students knew about you or your job?

I hope students realize how much the faculty and staff on campus care about each of them and want them to be successful.



Professional Development

Discover Your Strengths...And So Much More!

Exploring LinkedIn Learning

Did you know that as a UNI student you have access to thousands of professional development, technology-related, and creative skills courses, free of charge? You have probably heard of LinkedIn before, but you may not know about their online educational program that provides you with personalized tutorials tailored to your individual needs and interests. To begin, simply go to <https://elearning.uni.edu/linkedin-learning> and click on "Login to LinkedIn Learning". It only takes a few minutes to fill out your information and choose topics that you are interested in, and from there you are met with a dashboard filled with courses selected just for you. The courses range in duration but usually fall within 20 – 60 minutes.

Unlike other professional development platforms you may have utilized in the past, LinkedIn Learning allows you to view their courses' different modules and skip to the desired section(s). While all of the information in the course may be helpful, as graduate students you may not always have time to spend hours clicking through lengthy modules. This feature allows you to focus on the areas you are most interested in within a course, and skip past the areas that are not of interest to you. LinkedIn Learning also provides a course learning objective set and downloadable materials to help you take notes and follow along.

A Course Under a Microscope: How to Develop Your Career Plan

Your Career Plan is fluid and changes based on your focus and goals. You should reflect on your vision and make short term decisions based on your long term goals.

1. Create your Career Plan:

Step One - Reflection: Think about what you want out of a career (e.g., happiness, priorities)

Step Two - Research: Reach out to your contacts (family, friends, mentors) to match careers to your interests and talents

Step Three - Review: Reconcile your reflection to your research and see which jobs align to what you hope to get out of a career

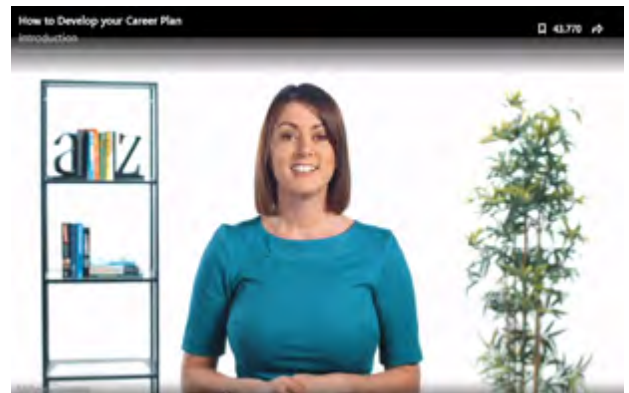
2. Create a Personal Development Plan

Update this every six months. Gather job descriptions for your chosen career path from a variety of job listings. Categorize the job descriptions based on what you have a lot of experience in, a little experience in, or no experience in. Next, decide how you can gain experience in your "weak" areas. This may look like networking, joining groups, reading books, shadowing a professional, etc.

Create SMART Goals: Specific, Measurable, Attainable, Relevant, Time-bound

3. Find a Mentor

Find a professional who you want to be like. Be sure this is a person you feel safe and would be comfortable being vulnerable with. Write down characteristics of a person that would be helpful to you (e.g., humble, critical, kind, etc.). You can have several mentors and the duration of the mentorship may vary depending on the challenge you have.



LEARNING

Student Accolades

Jordan Peterson: Selected as Official Reviewer for Expo

Last semester, Jordan T. Peterson had the opportunity to present his research at TESOL 2020 International Convention & English Language Expo that was scheduled for March 2020 in Denver, CO. However, due to COVID-19, Peterson's opportunity was altered.

The March event was postponed until July and was virtually executed. Peterson presented his research "Teaching Adult Refugees and Asylum Seekers: An Interdisciplinary Approach" at the 2020 Master's Student Research Forum. While it may have not been the intended experience, it was still valuable for Peterson.



Recently, Peterson has accepted an offer to be an official reviewer for the TESOL 2021 International Convention & English Language Expo, which is scheduled for March 23-26, 2021 in Houston, TX. Peterson is currently reviewing presentation and poster proposals to be selected for the 2021 Master's Student Research Forum.

Altrusa Scholarship Recipient: Kristine Hoskinson

Altrusa International, Inc. of Cedar Falls has developed a scholarship program to aid adult women in financial need to continue their education in Black Hawk County. Applications for scholarship monies was open to women who are at least 22 years old and have completed their sophomore year of college, or a two year associates degree, and who are continuing their education at a Black Hawk County institution. Consideration is given based on ability, motivation and financial need. This year, two \$2,000 scholarships were awarded and both award winners are UNI students. Kristine Hoskinson, a first year graduate student in the Clinical Mental Health Program and Athena Speller, an undergraduate student majoring in Social Work intending to graduate in May 2021, were the recipients.

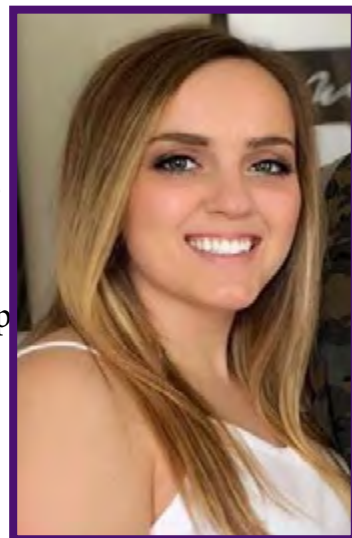
"I'm truly grateful for the way this scholarship eases the burden of expense for our family."

Kristine graduated from UNI with a degree in Family Services in 2004, and has lived and worked in the Cedar Valley with her husband and four kids since then. She began graduate school this fall, and is excited to fulfill a dream she's had since high school: to become a licensed Mental Health Counselor. Kristine loves to help people discover the skills and tools they already possess to grow, and plans to continue working in the Cedar Valley once her degree is completed.



ISHA Scholarship Recipient: Jennifer Baldwin

The Iowa Speech-Language-Hearing Association (ISHA) awards four scholarship awards each year to exemplary students in speech-language pathology or audiology who attend programs here in Iowa. Five of UNI's graduate students were nominated for the awards. Nominees included Melissa Tranel, Jeanne Bouchard, Meghan Wells, Jennifer Baldwin, and Natalie Ita. At the virtual ISHA conference, which took place Friday, October 16th, Jennifer Baldwin was selected among the nominees as one of the scholarship recipients. She was awarded the Nancy Ritchie Memorial Scholarship which is given to students who demonstrate a particular interest in neurological disorders. Extracurricular activities, like volunteering in community settings, are also heavily considered in selecting a recipient for this scholarship and honor.



UNI Doctoral Student Crowned Mrs. Iowa Glynis Worthington

Describe your educational background.

BA, Marketing, Iowa State University

MBA, Strategic Planning, The Wharton School, University of Pennsylvania

EdD Candidate, Health, Recreation & Community Service, University of Northern Iowa

Describe your employment experience.

Market Research Manager, Winchester Ammunition (prior to MBA)

Executive Management Development Program, AT&T (post-MBA) for 5 years

Full Time Stay-At-Home Mother of Four (22 years!)

Doctoral Candidate and Graduate Assistant (YTD)

What motivated you to return to enroll in the Ed.D. program and what is the subject of your dissertation?

Today, if we are healthy, we are likely to live to be 100. That said, I have 40 years to go. Rather than travel, garden and play golf for forty years, I decided instead to return to work first. I still have skills, experience, and energy to share. Based on my personal experience, many people could benefit from competitive sports programs for older adults. Over the course of my future 20 year career, I decided to establish expertise in the field (as there is little research that currently exists with regard to older adults and the impact of team participation in sports) and enrolled in UNI's Ed.D. program as the first step in this process. The purpose of my dissertation research will be to determine if recreational pickleball players (a very popular sport with the age 50+ sector) experience flow as defined by Mihaly Csikszentmihalyi, as such an experience could explain their zeal for the game.

What motivated you to enter the Mrs. Iowa Pageant?

To be completely honest, COVID made me do it! I had intended to travel in 2020 and to compete in the Iowa Senior Games in May. When I received word in April that the Games had been canceled, I was extremely frustrated and told my husband so. "Well, maybe you should try for Mrs. America" was his humorous response. Instead of laughing, I said "I just might!" and stomped to my computer. There, I read instructions and made my first call.

What does the preparation process look like for leading up to your pageants?

Oh my...there is a lot. First, I have to stay fit. With COVID keeping us home, this is a challenge, but very good for me. I'm pretty sure I would be gaining even more weight than I have being stuck at home so much due to the virus! Also, there are photos to have taken, ad layouts to have done for the program book and tons of prep clothing wise. We need to have a costume for the Parade of States as well as an evening gown for the competition. My greatest challenge will be in learning what to do on stage - poses, walking, even dancing, as I have ZERO experience in this realm. November and December will be dedicated to some serious self-development and learning about the stage!

What made you decide to thrift all of your pageant materials?

I've been on my own since I was 17. On a budget then, I learned to thrift, and I've never stopped. There's a thrill in finding an unexpected treasure at a thrift store for me that never gets old. At the same time, going with thrift reduces the amount that ends up produced, and in landfills. That said, I will be wearing items purchased from thrift stores during the competitions. It will be a challenge, but already its been incredible fun. I'll bet the person who first owned my gold gown would be very surprised to know that I wore it and won Mrs. Iowa, and that the dress is on its way to Vegas for the Mrs. America pageant!



Graduate College and CME Host 'Grad School Can Be in Your Future'

The path to graduate school might be filled with a lot of uncertainties for some; for others, it may be more clear. Some of the decisions students have to make include deciding if graduate school and programs are a good fit for them and how many programs they want to apply to. On October 20th, the Graduate College collaborated with the Center for Multicultural Education (CME) to host 'Grad School Can Be in Your Future' which six undergraduate students attended. The aim of the event was to encourage students to start thinking about graduate school early in their undergraduate career. Preparing early for grad school gives students enough time to figure out what they need to do, so their applications stand out.

Dr. Gabriela Olivares, Associate Dean of the Graduate College, started the program's discussion by giving a brief introduction of the Graduate College. Connie Hansen, Student Organizations Coordinator, discussed how to gain leadership experiences on campus through student organizations and how that can enhance applications. Student involvement can also help enrich the undergraduate experience. After graduation, students are more likely to remember their interactions with their peers than what they learned over the years. There were two academic advisors from the College of Business Administration: Jenny Connolly and Denita Gadson. Denita Gadson discussed her experiences in graduate school and the why behind her decisions. Her story highlighted the importance of effective mentoring. Jenny Connolly had gained a lot of experience in her field of study before enrolling in grad school. Exploring different opportunities as an undergraduate student allows students to discover their interests and values. Dr. Jennifer Waldron, Dean of the Graduate College, discussed some strategies to explore programs, how to think about the professional statement, and explained GAs and tuition scholarships. One of the things students take into consideration when applying to graduate school is availability of funding. The number of graduate programs students apply to varies. Dr. Waldron reminded students to tailor their applications to the programs they were applying to. Lastly, Tabitha Decker, a second year student in the Student Affairs program, discussed her process of transitioning from undergrad to graduate programs. She encouraged students to take opportunities when they come and to network with others. One of the ways she was able to gather information about graduate school was through her peers.



Philanthropy in a Time of Need

The Pandemic has definitely been trying times presenting the global community with a slew of challenges. It is in the tough times, though that our true integrity and inner strength are able to shine, like gold being refined in a fire.

How can you help during the Pandemic?

Donate Blood

The number of eligible blood donors has dropped due to COVID-19. Consequently, new donors are needed as the need for blood donations has not fallen. [Click here](#) to schedule an appointment.

Get the Flu Shot Vaccination

Flu season peaks between December and February. Experts predict another spike in COVID-19 cases which may overlap with the flu season. To prevent hospitals from being potentially overwhelmed by two infectious diseases at one time, get the flu shot vaccination to protect yourself and our hospital systems and their workers.

Volunteer

Use your unique skills and volunteer. Volunteering is good for your mental health and benefits your community too! Visit the [Volunteer Center of Cedar Valley](#) to see what needs you can help meet. Don't be limited to others' ideas though! You can volunteer in a way that is unique to your skillset! Perhaps you can host a virtual fitness class or volunteer with an online mental health crisis center. The sky is the limit!

Gratitude

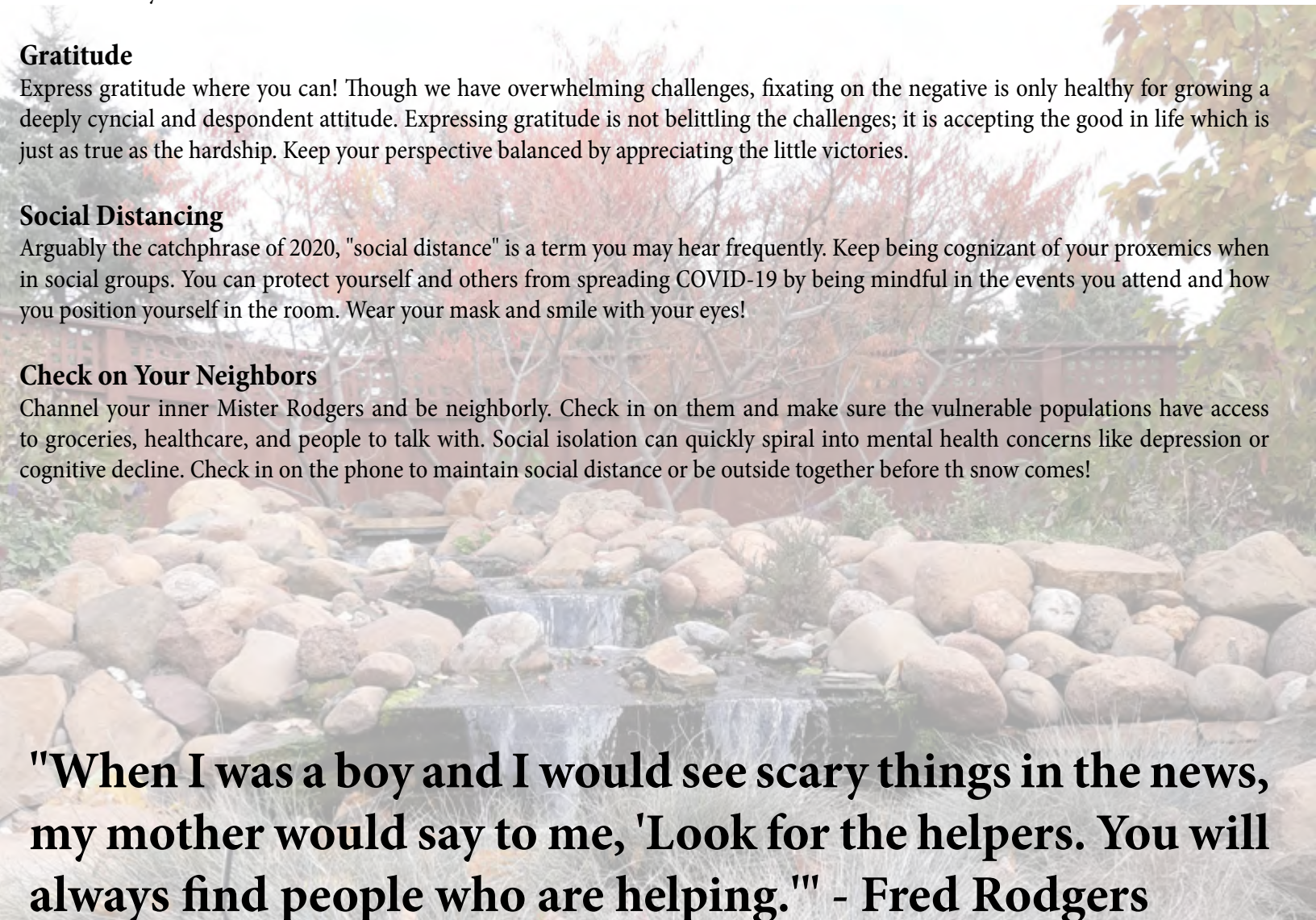
Express gratitude where you can! Though we have overwhelming challenges, fixating on the negative is only healthy for growing a deeply cynical and despondent attitude. Expressing gratitude is not belittling the challenges; it is accepting the good in life which is just as true as the hardship. Keep your perspective balanced by appreciating the little victories.

Social Distancing

Arguably the catchphrase of 2020, "social distance" is a term you may hear frequently. Keep being cognizant of your proxemics when in social groups. You can protect yourself and others from spreading COVID-19 by being mindful in the events you attend and how you position yourself in the room. Wear your mask and smile with your eyes!

Check on Your Neighbors

Channel your inner Mister Rodgers and be neighborly. Check in on them and make sure the vulnerable populations have access to groceries, healthcare, and people to talk with. Social isolation can quickly spiral into mental health concerns like depression or cognitive decline. Check in on the phone to maintain social distance or be outside together before the snow comes!



"When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.'" - Fred Rodgers

Current Happenings

Thinking About Graduate School Recap

The Graduate College's annual Thinking About Graduate School (TAGS) event took a different spin this year! The event was divided into two separate presentations and panels to give undergraduate students exactly what they were looking for. The preliminary event which was held September 22nd, was geared towards students who are in the beginning stages of considering graduate school. The second event, TAGS: Next Steps, held October 1st, gave students who have plans to apply to graduate school valuable tools and resources to develop their applications. Both events took place over Zoom, and over 150 students signed up to attend!

Clothesline Project Recap

The Clothesline Project was held virtually this year and was hosted by the Women's and Gender Studies Program. The Clothesline Project is an interactive, global event that seeks to raise awareness for violence against women and marginalized groups of people. T-shirts of differing colors were submitted online with each color signifying a different type of violence. The t-shirts were displayed online on the days of Bearing Witness, October 19-through October 23rd.

Virtual Fall Commencement and Graduation Eligibility

The in-person [Fall 2020 Commencement](#) ceremony was canceled. Online commencement will be held on Saturday, December 19th. To ensure your eligibility, your thesis and dissertation need to be submitted and defended by December 4, 2020 at 4:30 PM.

Questions about submission? Contact Kat Wohlpert at kathryn.wohlpert@uni.edu or visit the [Graduate College website](#) for more information.

Coronavirus Aid, Relief, and Economic Security Act (CARES Act) Extension

On August 8, 2020, President Trump extended the *Coronavirus Aid, Relief, and Economic Security Act (CARES Act)*. As part of the Act, student loan payments are suspended, collections are stopped on defaulted loans, and interest rates remain at 0% until December 31, 2020. For more COVID-19 related content, refer to UNI's response protocols at <https://forwardtogether.uni.edu/>.

Rod Library Offering Virtual Care Package

Rod Library understands how challenging these times can be, so they compiled a "virtual care package" to help brighten students' days. On the virtual care package [webpage](#), you can find links to relaxing music, live streams, podcasts, eBooks, and virtual places to explore. The best part? All of these resources can be utilized free of charge! Don't forget to take care of yourself, and take time to enjoy some light-hearted content.

Upcoming Opportunities

Annual Graduate Student Symposium on the Horizon with a New Look and New Name

The Inspire Student Conference for Research and Engagement is scheduled for Monday, April 12 and Tuesday, April 13, and it will be a virtual event. The event is an expansion of the Graduate Student Symposium and the Inspire Student Conference for Research and Engagement. The change has been made to one university wide conference to allow both undergraduate and graduate students to showcase their scholarship and engagement. Often graduate students mentor undergraduate students, and this event allows for both student groups to present simultaneously. The Inspire Conference will engage more students, generate more excitement for student research, and celebrate the work of all of our students. The event will be co-sponsored by the Graduate College and the College of Social and Behavioral Sciences. Dr. Helen Harton (Psychology) and Dr. Windee Weiss (Kinesiology) are faculty co-chairs for the event. All students, graduate or undergraduate, who want to present their scholarship or their engagement (e.g., internship, practicum) are invited to participate. Creative performances, oral presentations, and poster presentations are encouraged. The exact names of these categories may be updated. Additionally, the virtual delivery format may modify how performances and presentations occur. For example, there may be a "round table" event with 5 people giving a 5 minute presentation followed by questions. Registration and additional details for the Inspire Student Conference for Research and Engagement will be available at the beginning of the spring semester with the deadline for submission in March.

Graduate College Offering Winter Writing Wonderland

Over the winter term, the Graduate College will offer several useful resources for writing and research, including one-on-one consultations, accountability groups, and faculty-led workshops. Whether you're trying to keep your skills sharp over the break or make headway on your research project, these mix-and-match resources will be great for you. One-on-one writing appointments can be booked through this link: <https://uni.libcal.com/appointments/graduatewriting>.

Click [here](#) to see what other resources are available and sign up! Registration is required for workshops and accountability groups.

Doctoral & Masters Net - Professional Development Resources - Winter Term Badge

PD.Education - Professional Development Services Designed Exclusively for Masters and Doctoral Work - Provided by the Graduate College. Login today @ <https://pd.education/uni-log-in.html>.

PD.Education provides a unique opportunity. When you spend 7 hours reviewing resources on a topic, you can earn a badge. The badge is an endorsement from PD.Education stating that you have reached a level of expertise on a subject. [Learn more about badges](#) and begin your journey today. Spend Winter Term digging deeper into professional development topics and reflecting on your learning. Pick topics ranging from "Academic Writing" to "Wellness."

Counseling Center Spring 2021 Workshops

The UNI Counseling Center is offering free workshops in the Spring Semester. [Click here](#) to access the schedule and full descriptions. The options include a variety of topics. "Men and Mental Health" will explore cultural barriers which prevent men from seeking mental health services. Mental Health Ally Training Part#1 & Part #2 provides training related to several mental health topics. QPR teaches students how to handle and refer individuals who are potentially suicidal to appropriate supports. Finally, VAR is a training that teaches students how to listen and respond to other people while they manage the stresses of everyday life.

Take Care Tip

Physical Wellness

Everyone enjoys a little bit of fresh air, but were you aware of all the different ways it can boost your physical health?

Fresh air can:

- Help you digest food more effectively
- Improve your blood pressure and heart rate
- Clean your lungs by allowing you to expand them more fully and release toxins from your body
- Strengthen your immune system
- Increase your energy

Social Yet Socially Distanced

Visit the Cedar Valley Arboretum

Invite some friends and get some fresh air together while exploring beautiful gardens of the Cedar Valley Arboretum in Waterloo. Admission costs just \$5, and it is a great place to relax, enjoy the outdoors, and connect with others. Escape from the everyday stressors of life and visit soon!

More information can be found on their website, which you can visit by clicking [here](#).



How Will You Use Winter Break?

At this point, we are all a little too familiar with "quarantine hobbies" - from baking bread to Tik Tok dances, many people learned a new skill during the lockdown last spring. With a two-month break coming up, it's important to have a plan to make the best of it. Here are a few ideas to consider:

- **Learn a new hobby!** Maybe you never quite perfected the art of making sourdough, or you've always wished you knew how to paint. Now is the time to learn.
- **Volunteer!** Your local food bank or other organizations need your help, especially as the holiday season approaches.
- **Complete an online certification!** Is there a certification that you want or need that would benefit your career? You no longer have the excuse of being too busy!

The most important thing is to take some time to relax. The stress of graduate school can be overwhelming at times, so take a couple of days at the beginning of the break to do something fun and unwind. Spend time with family, go outside, read a book, and take some time to decompress. Then, come up with a list of things you would like to accomplish and create a plan to make it happen! Establishing daily routines can help you stay on track and meet the goals you didn't quite reach in the spring.

Explore a new topic each month in GRAD SOURCE

The Grad College's monthly student e-blast!

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What is the UNI Grad Student News?

UNI Grad Student News is a quarterly newsletter featuring news and updates concerning graduate education at the University of Northern Iowa. Each issue features profile stories on graduate students, faculty, staff, and notable alumni. UNI Grad Student News is unique in that it publishes news submitted directly from graduate students and faculty.

How and What Can I Submit as News?

Complete the Submission Form at <https://grad.uni.edu/online-submission-form> under the "Current Students" tab. Submissions can include information about recent conferences you have attended, academic accomplishments, or upcoming departmental events.

We Welcome Your News!

Submission Deadlines for Spring 2021 Issues:

February Newsletter: February 12, 2021

May Newsletter: April 19, 2021

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Who Receives the Newsletter?

All graduate students, faculty, and staff receive the newsletter via email.

You can always view previous and current issues of *UNI Grad Student News* at <https://grad.uni.edu/grad-student-news>.

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